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30. A method for treating or reducing the predisposition to a condition selected from the group consisting of benign breast disease, premenstrual syndrome (PMS), symptoms associated with menopause, cancer of the prostate, or elevated blood cholesterol, said method comprising administering to a subject having said condition or predisposed to said condition a therapeutically effective amount of a health supplement composition comprising an extract from soya or clover, said composition comprising any two or more phyto-estrogens of the group Genistein, Daidzein, Biochanin A, Formononetin or the natural glycosides of any of said phyto-estrogens.

31. A method according to claim 30, wherein said composition is administered for treating or reducing the predisposition to elevated levels of cholesterol in the blood stream.

32. A method according to claim 30, wherein said composition is administered for treating cancer of the prostate.

33. A method according to claim 30, wherein said composition is administered for treating pre-menstrual syndrome (PMS).

34. A method according to claim 30, wherein said composition is administered for treating symptoms associated with menopause.

35. A method according to claim 30, wherein said composition is administered for treating benign breast disease.

36. A pharmaceutical preparation, in solid dosage unit form, consisting essentially of any two or more

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